



SPRUCE VIEW SCHOOL

May 15, 2020

# VIKING NEWSLETTER

For more information visit our Website at [www.spruceviewschool.ca](http://www.spruceviewschool.ca) or Facebook at Spruce View School



Mrs. Stoyberg- Educational Assistant

### What do you miss most about school?

I miss seeing the students the most, but I also miss our awesome school team!

### What are you doing during this time of physical distancing?

I have been taking advantage of the nice weather and spending a lot of time outside, around a campfire (which I absolutely love to do!). Also a lot of texts and phone calls to check in on family and friends.

### What is the first thing you are going to do when this is over?

The first thing I plan to do when this is all over is hug my family & friends!



Mrs. Gruenewald - Grade Four Teacher

### What do you miss most about school?

I miss the people. I miss seeing all the staff together. And most of all I miss connecting with my students.

### What are you doing during this time of physical distancing?

I have been trying to find some cool websites and assignments to keep my students busy and interested in school while at home. I have also been trying to homeschool Raelyn (4) and Synthia (6). We have been going for many walks, cleaning the yard, reading, watching movies - we did a Marvel Marathon!!

### What is the first thing you are going to do when this is over?

Take my kids to the park!! Boy do we miss the park!

## WHAT'S AVAILABLE FOR SPRUCE VIEW

**SELF-CARE FOR MENTAL HEALTH**

- COMPASSION:** Be kind to yourself. Stop judging yourself. Practice realistic self-talk.
- ACTION:** Set boundaries with your triggers. Work on coping skills. Do the work. Follow your treatment plan. Don't give up on yourself!
- TRUTH:** Notice how your choices (conscious or subconscious) contribute to what negative self-talk is what isn't working in your life.
- SELF-CARE:** Rest. Pay attention to your self-care battery. Give yourself what you need. Delegation and flexibility. Make time for yourself!
- SUPPORT:** Go to therapy. Reach out for help. Mental illness is an illness. Don't hide in shame and silence. Ask for what you need, create a strong support system. Break the stigma.

Remember to care of yourself too!!

Looking for someone to talk to or help with what is going on at home?

**ASEP Benefits:**  
<https://www.asebp.ca>

**Employee and Family Assistance Program:**  
<https://www.homeweb.ca>

**CESD Staff Family Wellness Worker:**  
Aashy Manning: [amanning@cesd73.ca](mailto:amanning@cesd73.ca)

**Emergency Financial Assistance for Alberta:**  
<https://www.alberta.ca/emergency-financial-assistance.aspx>

**Welcome to Kindergarten**

REGISTRATION IS OPEN

If you require a little help

**SPRUCE VIEW & DISTRICT FOOD BANK**

Call  
Client at 403-728-3569 or 403-392-0626  
Pastor Ross at 403-505-1645

King of Kings Church  
1911 - 2nd Avenue  
Edmonton

**"FRIENDLY PHONE CALL" CHECK-IN SERVICE**

If you or someone you know could benefit from a check-in phone call during these times of isolation, please contact

Spruce View FCSS at 403-505-9091 or  
Email: [phetu@rdcounty.ca](mailto:phetu@rdcounty.ca)

We are only able to provide phone calls not 'in-person' visits.